

Positive Alternatives 2017 - 19 Quarterly Update

Grantee (Name and city): YWCA of Duluth

Contact: Melissa Hellerud-Storie

Phone and Email: (218)-722-7425 x127 : melissa@ywcaduluth.org

Goal: To provide necessary services, pre-natal/post-partum case management, housing, education, referral, advocacy, and etc in Duluth and surrounding areas.

For the period/quarter: July 01, 2017-September 30, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	<p>Recruit, hire, and train 'Case Manager II' position.</p> <p>Provide training and support to grant funded staff.</p> <p>Attend Grantee Meetings.</p> <p>Complete all required grant reporting and data collection.</p>		<p>This quarter we hired and trained a new Case Manager II. New Case Manager II was formerly an 'Overnight Youth Advocate' so the transition to the new position was very smooth and timely. Due to the vacancy, we have posted 2 "Overnight Youth Advocate" positions that we will hire for. All staff participated in SUID & Shaken Baby training. Had annual PA Site Visit & submitted Evaluation Plan.</p>	
Outreach	<p>Maintain program waiting list and provide any needed assistance or advocacy to women on the list.</p> <p>Provide on-going community education opportunities for women not in residential program, maintain visibility in the community, collaborate with community service providers, and expand outreach and advocacy services to women that utilize the</p>		<p>Program continues to maintain a waitlist of between 7-10 adolescent mothers on a regular basis. Additionally, the program continues to present about the program in the community for funders and collaborators- as well as maintaining visibility with partners in the community that are potential referral sources.</p> <p>Program provides regular programming regularly for the greater community and have recently begun working with Duluth Family Practice Medical Clinic to bring Doctors and education to the facility.</p>	

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	YWCA Early Childhood Education Center.			
Car Seat Program	Provide car seat education; provide car seats for women.	5	Eight clients participated in Car Seat Safety Education this quarter. 2 clients receives car seats for their infants.	8
Case Management Services	Residents of the Young Mother's Program will meet with Housing Case Manager weekly to work on Independent Living Skills Plans, goal setting, assessments, resource, referrals and advocacy services.	21	Residents of Young Mothers Program met with Housing Program Manager each week to work on goal setting, goal updating, advocacy services and referrals to community resources.	91
Case Management – Prenatal/Post-partum	Young Mother's Program residents, former residents, wait list participants, and eligible women utilizing the YWCA Early Childhood Education Center, meet with Case Manager II (bi-weekly). Assistance/support attending prenatal appointments, birth plans, pre-natal education, post-partum meetings.	40	Twenty five clients are actively working with Case Manager II on addressing the health needs of themselves and their infant. Ten clients attend weekly 'Mothers & Babies' groups, these groups address pre & post natal depression and anxiety and the impact maternal depression has on infants. All clients accessing Health & Wellness Program meet with Case Manager II 2x per month in addition to other programming. This quarter we welcomed 2 healthy infants into the world! Numbers are low in this category due to the turnover in Case Manager II position.	25 clients 10 clients x 6 groups= 60 interactions

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Childcare	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances.	5	Provided emergency childcare assistance for 4 clients during the quarter to maintain enrollment spots in childcare while assisting clients with CCAP application.	4
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	Twelve clients receives sleep safety education this quarter. 2 residential program participants were given pack and plays in addition to programming	12
Education Assistance	Provide daily tutoring services; provide education planning assistance; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours.	5	Seven clients received education assistance (homework help) from volunteer tutors. 2 clients enrolled in college courses this Fall, with assistance from Housing Program Manager.	7
Employment Assistance	Provide employment assistance to clients; work search, advocacy at workforce center, employment program, assist with applications, resumes, & mock interviews.	5	Provided employment assistance for nine clients this quarter. One of these clients obtained full time employment as a Personal Care Attendant, 3 clients began participating in employment training program through the city of Duluth, and 2 were hired in YWCA's Early Childhood Education Center.	9

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs.	5	Provided 8 clients with assistance with MFIP application process, and obtaining all mainstream benefits. Provided 24 clients with basic need items (diapers, wipes, shampoo, deodorant, infant supplies, food, and etc). All clients that received basic need items were provided with referral to additional community partners.	32
Housing Assistance	Women develop a plan that includes how they will support an apartment financially, what to do if they have a poor renter's history, credit counseling, and how to access other resources. Program manages and maintains 7 efficiency apartments and operates as 'Supportive Housing' program for women (ages 16-21) and children (birth-5). Collaborates with local HRA (Housing Authority) to provide access to affordable housing upon completion of program.	5	Nine clients participated in RentWise curriculum programming this quarter. Additionally, 2 residential program clients received their section-8 vouchers and moved into safe, affordable, and independent housing with their infants.	9
Life-Skills Education Program	Provide all participants in residential program with Ansell-Casey Life Skills Assessment. Work with individuals to create Independent Living Skills Plan and goal setting, based off of needs gathered in assessment (housing, parenting, healthy support systems, health & wellness, transportation, employment, education, and etc).	42	Seven clients participated in 13 different life skills groups this quarter. Programming focused on Budgeting & Financial Literacy, RentWise (tenant curriculum), Child Abuse Prevention (First Witness), Healthy & Positive Relationships (PAVSA), Car Seat Safety (Department of Public Safety), Sleep Safety, SUIDS, and Ages & Stages of child development (Head Start).	91

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	Residents will participate in at least 2 groups each week.			
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Provided twenty four clients with basic need items (diapers, wipes, shampoo, deodorant, infant supplies, food, and etc). All clients that received basic need items were provided with referral to additional community partners.	24
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment.	5	Provided ten clients with referrals and support as they access mental health services. All clients that received referrals scored high on PHQ-9 Depression Assessment provided in Moms & Baby groups.	10
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed. In addition, cooking, food preservation, and budgeting programming will be provided monthly.	5	Nine clients participated in weekly nutrition education and the garden project.	9
Parenting Education	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in	51	Nine clients received weekly parenting education this quarter. Clients participated in Circle of Security groups, ECFE 'First Year' groups, Abusive Head Trauma groups, and ongoing one on one parenting support from staff. Six clients receives assistance completing the enrollment process for Early Childhood Center.	117

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	Early Childhood Center and Head Start Program.			
Pregnancy Testing/ Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness.	1	2 clients were assisted with developing birth plans, assistance attending prenatal appointments and pregnancy health education.	2
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	7 -8	Provided twenty four clients with Necessary Services Intakes, referrals, and basic need items. Those looking for housing that match program criteria were placed on residential program wait list.	24 w/referrals 9 intake only
Transportation	Provide transportation to and from appointments, bus passes, and assistance obtaining drivers licenses.	42	Provided one hundred and eighty rides to clients this quarter. Rides were provided to schools, appointments with county, appointments with doctors, in addition to job interviews, etc. One client received assistance obtaining her driver's license.	181

Maternal and Child Health Initiative Task Force Strategies	No.
Number of women who received car seats and car seat safety education from a PA funded program activity	2
Number of women who received car seat safety education only from a PA funded program activity	6
Number of women who received child abuse prevention education from a PA funded program activity	7
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity	9
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	2
Number of women who received sleep safety education only from a PA funded program activity	10

Challenges: Finding training focused on the mental health issues facing adolescent parents is something that we continue to struggle with. We are also working to build relationships with a local clinic to reduce the use of the Emergency Room for young women seeking health care.

Comments: